



Sparkle Kitchen

Strawberry Banana Smoothies

(Makes about 2 16-ounce smoothies)

Ingredients

2 bananas
about 15 strawberries, hulled and sliced
1/2 cup greek yogurt
1 cup milk
1 T honey (optional)

Directions

Start by covering a cookie sheet with parchment or wax paper. Slice the bananas into 1-inch rounds, spread them out in a single layer on the cookie sheet, and freeze for at least 1 hour.

Once the bananas are frozen, put them in the pitcher of a blender. (You can also use a food processor or an immersion blender if that's what you have.) Add the sliced strawberries, yogurt, and milk. Blend until the ingredients have a smoothie like texture — it shouldn't take longer than a minute. Taste and make any modifications you'd like. If you want it thinner, add a little more milk. If it needs to be sweeter, try a drizzle of honey.

When you've adjusted the smoothie mixture to your liking, pour it into a couple of glasses and enjoy!